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NEWS
WORTH
SHARING.

Man faces charges in cop stabbing

Suspect to appear in court today for attempted murder

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Time to kick out the Elaine dance?

Julia Louis-Dreyfus proves ready to rule after taking home Emmy for Veep. Metro's got your do-it-all award show covered

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FROM ELECTION STRENGTH TO WEAKNESS?

POLLS SUGGEST DEXTER'S POPULARITY SLIDING, MAKING THINGS TOUGH FOR NDP

PAGE 6



Deck collapses, lands on pair below



People were back at the scene of a deck collapse Sunday on Green Village Lane in Dartmouth. Over a dozen people were taken to hospital overnight, four of whom had serious injuries. JEFF HARPER/METRO

Dartmouth. 'Loud crack' heard before more than a dozen people were taken to hospital

A Dartmouth neighbourhood is in shock after a backyard deck collapsed 12 feet to the ground early Sunday.

An estimated 15 people were injured and taken to the QEII and Dartmouth General Hospital, four of whom suffered serious but non-life-threatening injuries. Two people were under the deck when it buckled.

Corinne LeBlanc, who lives in the condominium behind the house, saw the deck collapse. She says she was going to file a noise complaint around

enough, and I was going to call 911 when it went."

Police, firefighters and paramedics were at the house in the 100 to 200 block of Green Village Lane within minutes of LeBlanc's call.

LeBlanc says the neighbours had been on the deck since about 9 p.m. She says some people had been leaning against the balcony railing.

Halifax Regional Police Staff Sgt. Bill Morris says the cause of the accident is under investigation.

"We're going to turn the investigation over to our general investigation section to let them continue with it, probably in conjunction with (HRM) and their building inspection people," said Morris.

Curious onlookers drove by

Quoted

"I could hardly talk to the police because I was so worried about people being hurt. I knew they were hurt because I could hear them screaming."

Corinne LeBlanc, who witnessed the deck collapsing

1:30 a.m. when she heard "a loud crack."

"I was in and out of sleeping because they were partying so much," she said. "Finally, I had

Sunday to look at the wreck. "Nobody could believe this could happen," said LeBlanc.

CLARK JANG/FOR METRO WITH FILES FROM THE CANADIAN PRESS

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Charges laid in cop stabbing

Metro Turning Point.

Police had worried officer's injuries were life-threatening

A 31-year-old Halifax man is scheduled to be in court Monday to face charges including attempted murder after a police officer was stabbed in the neck and forearm following an incident at the Metro Turning Point men's shelter on Friday night.

Just before 8:30 p.m., Halifax Regional Police say two of their officers went to the shelter to arrest a man wanted on a warrant.

Police say the suspect was standing outside the shelter and fled when he saw the two officers. A foot chase ensued and when one of the officers caught up to the suspect, police say he was stabbed in the forearm and neck with a knife.

The suspect was then Tasered and arrested by the other officer. Police say a knife was recovered on scene.



A Halifax Regional Police officer gathers evidence outside Metro Turning Point, an emergency homeless shelter, where an officer was stabbed after trying to arrest a suspect on Friday night. ANDREW VAUGHAN/THE CANADIAN PRESS

"It's every officer's worst nightmare.... You just never know what's around the cor-

ner," police spokesman Const. Pierre Bourdages said. "We are glad the officer's injuries

aren't as serious as we first thought."

Bourdages said the officer's

The suspect

Alexander Welch, 31, is charged with attempted murder, aggravated assault and assaulting a police officer. He was held in custody over the weekend at the Central Nova Correctional Facility in Burnside.

stab wounds produced a "tremendous amount of blood" and they had been worried his injuries were life-threatening.

The officer, a six-year veteran, was conscious and speaking when he arrived at hospital after being rushed there by paramedics. He was later released overnight and is expected to make a full recovery.

Bourdages said an arrest warrant was issued for the suspect Friday morning after he failed to appear in court on charges of assault with a weapon. Bourdages said an officer had information the suspect might have been at Metro Turning Point and went there with his partner to arrest him.

PHILIP CROUCHER/METRO

Assault. Man accused of attempted murder

A 23-year-old man has been charged with attempted murder after a person suffered serious head injuries during an assault in Halifax on Saturday morning.

Police say just before 4:30 a.m., officers were called to an assault in the area of Queen and Morris streets.

Police say the victim, a 28-year-old man, was assaulted by several people and was rushed to hospital.

The men in their 20s were

arrested at the scene and on Sunday, police announced that an attempted-murder charge had been laid against Shacawn Clayton of Halifax. He will be appearing in court on Monday.

METRO

More online

For more news, visit metronews.ca



Girl sexually assaulted

Halifax Regional Police are investigating after a 17-year-old girl was sexually assaulted and robbed on Saturday evening in Dartmouth.

The victim was walking near Alderney Drive and Wyse Road near the edge of the Dartmouth Common when police say she was sexually assaulted and had her purse stolen.

Police describe the assailant as a black man in his 20s with a small tattoo under one eye, wearing a baseball cap, bandana and a dark tank top.



The Dartmouth Common on Sunday. JEFF HARPER/METRO

Staff Sgt. Bill Morris says the man fled through the Dartmouth Common after the attack. A dog team conducted a search around the park, where

the victim's purse and cell-phone were found.

"It looks like an unprovoked attack by an unknown person," said Morris. "We're putting it out to females in the area to be a little extra cautious."

The victim was taken to the Dartmouth General Hospital where she was examined and released. She did not sustain any injuries.

The incident is being investigated by the integrated major-crime section.

CLARK JANG/FOR METRO

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Tories promise to launch inquiry into Parsons case

Cyberbullying. Victim's father pressuring parties for action

The father of Rehtaeh Parsons is pressuring Nova Scotia's political parties to launch a judicial inquiry into his daughter's death, saying a review already underway into the handling of her case will not go far enough.

Glen Canning's plea on Saturday came with a promise from Progressive Conservative leader Jamie Baillie. He vowed that he would launch such an inquiry within his first 100 days in government if elected next month.

Rehtaeh was taken off life-support after a suicide attempt in April that her family says was brought on by months of bullying.

Quoted

"We are really hoping that the other parties in Nova Scotia will be on board with this."

Glen Canning, father of Rehtaeh Parsons

"This is an issue that can't be handled with kid gloves," said Canning, who made the comments at his home with Baillie and Rehtaeh's mother Leah Parsons at his side.

"My fear is that they're going to produce a stack of paper and say, 'Look, we did a lot,' and then someone is going to lose their child."

"You have to be a little more forceful on this kind of an issue because this issue is deadly."

Canning said a public in-

Review

- Last month, NDP Premier Darrell Dexter appointed former Ontario deputy attorney general Murray Segal to conduct an independent review of the handling of the case by police and the Nova Scotia Public Prosecution Service.

quiry would go further than a review and have the ability to subpoena records and witnesses in order to find out what happened.

"In Rehtaeh's case we have a lot of unanswered questions and I don't feel confident whatsoever that the current reviews that are taking place are going to answer these questions. They just don't have the power to do that,"



Progressive Conservative Leader Jamie Baillie speaks in Halifax on Sept. 11. ANDREW VAUGHAN/THE CANADIAN PRESS

said Canning.

Baillie said the 17-year-old girl's death was tragic and the subsequent police investigation has left too many questions unresolved.

"A full judicial review is the best way that we can honour the memory of Rehtaeh Parsons, to thank her family for the courage that they have shown since her passing, and

to assure all Nova Scotia families that we are going to do all it takes to prevent these horrible things from happening in the future," Baillie said.

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NDP would offer new loan program to fruit and organic farmers

Nova Scotia's New Democrats say they would offer a new loan program to fruit and organic farmers if elected Oct. 8.

Premier Darrell Dexter says the program would allow farmers to defer a portion of their loan payments until after their crop is harvested and sold.

Dexter says that would allow farmers to grow their crops without financial pressures.

He says the loans would be offered through the provincial government's Farm Loan Board, which already works with local farmers.

The NDP says there would be no new costs associated with the initiative.

Dexter also pointed to a \$400,000 expansion of a loan program for new farmers entering the business announced last month.

THE CANADIAN PRESS

Progressive conservatives

- The PC party said Sunday it would pass legislation to keep hospitals operating during labour disputes in health care.
- Jamie Baillie said disputes would be settled through arbitration rather than strikes or lockouts

4:20 'wave' events. Trudeau to join McNeil on campaign trail Monday

Liberal Leader Stephen McNeil will have a powerful political companion at his side as federal party leader Justin Trudeau will be joining him on the campaign trail for much of Monday afternoon.

McNeil and Trudeau will make visits to six ridings over a four-hour period, including five in HRM.

The last two are dubbed 'wave' events, with the first taking place at 4:20 p.m. with Hammonds Plains-Lucasville candidate Ben Jessome at 133 Kearney Lake Rd.

The second wave event is at 5 p.m. with Waverley-Fall River-Beaver Bank candidate Bill Horne at the Tim Horton's at 3290 Lake Thomas Dr. in Fall River. METRO



Justin Trudeau THE CANADIAN PRESS



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Man on bridge

Alex Theriault makes his way down the Macdonald Bridge on Sunday as part of the Easter Seals drop zone fundraiser. It's the 10th year for the drop zone and participants will be scaling down 1801 Hollis on Monday. JEFF HARPER/METRO

N.S.'s fave uncle now a black sheep?

NDP. Darrell Dexter's long-plummeting poll numbers may be hurting party's chances

If you believe the polls, Darrell Dexter has an image problem.

The Nova Scotia premier, whose homespun image as everyone's favourite uncle helped propel the New Democrats into power in 2009, was seen in a less favourable light as the campaign for the Oct. 8 election began.

Earlier this month, just before the election race started, 19 per cent of 400 people who participated in an Aug. 8-31 telephone poll conducted by Corporate Research Associates chose Dexter when asked who they would prefer as premier. The poll had a margin of error of plus or minus 4.9 percentage points, 19 times out of 20.

That's a long way from the lofty 50 per cent recorded by

the same polling company in August 2009, two months after Nova Scotia became the first province east of Ontario to elect an NDP government.

That poll sampled 1,400 people and had a margin of error of plus or minus 2.6 percentage points, 19 times out of 20.

For Dexter, the slide in the polls started early.

With a global recession tightening its grip on the province's economy, the rookie premier jettisoned some of his key election promises in short order.

The Dexter brand endured its biggest hit only nine months into the mandate when the NDP said it would raise the province's harmonized sales tax by two percentage points to 15 per cent, breaking a key campaign pledge.

Dexter also failed to deliver on a promise to balance the province's books for three consecutive years.

"He's let people down on certain issues," says Lori Turnbull, a political science professor at Dalhousie University. "People had expectations of real change, and it didn't happen."

But it would be wrong to assume Dexter's personal popularity in the polls has been declining since the HST flip-flop.

By mid 2011, his rating was making a steady comeback as

New Democrats

Supporters 'ticked off and jaded'

The NDP has taken flak for handing out subsidies to well-heeled companies, including Irving Shipbuilding, IBM and the Vancouver-based Stern Group, which bought the Port Hawkesbury Paper mill with the province pitching in \$124 million over 10 years.

The tag line for one of the Liberal attack ads is: "It's time to take the chequebook away from the NDP."

"The corporate welfare stuff really sticks in the craw for a lot of Nova Scotians, especially core New Democratic supporters," says David Johnson, a political science professor at Cape Breton University. "I think a lot of these people are really ticked off and jaded." **THE CANADIAN PRESS**

Quoted



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Darrell Dexter

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Cape Breton wants equalization funds for 'worst-first' list

As Nova Scotia heads into its first election in four years, so re-emerges the issue of fairness regarding the province's handling of equalization payments. But this time around, there's something different in the mix.

Cape Breton Regional Municipality Mayor Cecil Clarke says that instead of just asking for money, the CBRM wants the province to help fund its five-year capital plan or "worst-first list" of infrastructure projects.

"We're showing what the projects are; we're talking about their value and their merit rather than just saying, 'We need more money,'" said Clarke.

"We know we need more money. How are we going to use that money is where the planning comes in."

What is equalization,

exactly? It's the federal government's transfer program for addressing fiscal disparities among provinces. The purpose of the program was entrenched in the Canadian Constitution in 1982.

Provinces are free to spend the funds according to their own priorities.

This year, Nova Scotia's share in municipal equalization is about \$1.5 billion.

Of that, the Cape Breton Regional Municipality receives about \$16 million from the province, which is about half the money the province will pay to all municipalities this fiscal year.

But many in Cape Breton feel the municipality is entitled to double that amount to allow it to provide a fair balance between tax rates and service levels. **CAPE BRETON POST**

Leaders weigh in

- **Premier Darrell Dexter** has said he will consider funding the CBRM's five-year plan but first must wait to hear how much money the province will receive from Ottawa this fall.

- **Liberal Leader Stephen McNeil** said if he's elected premier, his party would work with the Union of Nova Scotia Municipalities to determine a proper equalization funding formula.

- **Progressive Conservative party leader Jamie Baillie** has said that equalization spending needs to be reviewed.



Dartmouth man dies from car-fire injuries

Police say Peter Kempton, a 58-year-old from Dartmouth, died from his injuries on Saturday. He had been doing some work Friday morning on a van near 850 Highway 7 in Westphal when the vehicle caught fire. The incident remains under investigation. **COURTESY SEAN DEWITT**

Widow touched by turnout for late police chief

Run in remembrance. Chief Myles Burke died suddenly in Halifax about three years ago

People of all ages turned out Sunday to honour the legacy of the late Myles Burke, who served as chief of the Cape Breton Regional Police until his unexpected death three years ago.

Close to 300 people registered to take part in a fun run in his memory, with the start line at the Joan Harriss Cruise Pavilion on the Esplanade in Sydney.

Burke's death on April 9, 2011, shocked many in the policing and political circles,

as well as the community at large.

Burke's widow Jayne was on hand for the walk and said she was overwhelmed by the turnout.

"I'm humbled. I think Myles would be humbled too," she said. "It's a huge turnout. I think he would be happy that so many people participated. Through the course of the whole thing, we just had to mention his name and people were on board."

She noted that fitness was important to Burke.

"Fitness meant everything to him. He was always promoting fitness, even amongst his staff at work and amongst his family, sometimes to the extent that we were saying, 'That's it, stop.'"

Chief's work

A native of Louisbourg, Burke lived in the Sydney River area with his family. At the time of his death, he was in Halifax attending meetings with police agencies from across the province.

She noted that her daughters Janine and Nicole worked hard to help organize the run.

Organizers hope to make the run an annual event. Each year, the money raised will be donated to a different charity. This year, all funds will be donated to the Canadian Pulmonary Fibrosis Foundation.

CAPE BRETON POST

Mulgrave Park

Gunshots fired Saturday night

There were no reported injuries after police received reports of multiple gunshots in a north-end Halifax neighbourhood on Saturday night.

The gunfire was heard around 10:50 p.m. in the Jarvis Lane area of Mulgrave Park. **METRO**

Cole Harbour. Police say masked man and armed woman robbed gas station

Police are investigating after a Cole Harbour gas station was robbed Friday morning.

Around 3:20 a.m., police say a woman entered the Petro Canada on Cole Harbour Road and held the door

open while a male wearing a mask ran inside carrying a "metal object." The woman then brandished a knife.

Police say both suspects left the store with a number of cash, lotto tickets and cigarettes. **METRO**



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Canada offers support to Kenyan government

Mall attack. Baird speaks to counterpart after Canadian diplomat, businessman killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist

attack that killed at least 68 people, including two Canadians.

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunman opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Media reports and Facebook

users identified Vancouver businessman Naguib Damji as the other Canadian victim.

Foreign Affairs in Ottawa also announced Sunday night that as a security precaution Canada's High Commission in Nairobi would be closed to the general public on Monday.

However, spokesman Rick Roth said Canadian staff would continue to provide emergency support to those who

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird

need consular assistance.

The attack that began Sat-

urday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted an operation to end the siege.

Somalia's radical Islamist rebel group, al-Shabab, claimed responsibility for the attack as retribution for the presence of Kenyan troops in Somalia.

THE CANADIAN PRESS



Family of Naguib Damji identified him as the second of two Canadians killed in Kenya. FACEBOOK

Rescue mission. 'Most' of remaining hostages saved: Kenyan officials



Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya on Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof. A loud explosion rang out, far larger than any previous grenade blast or gunfire.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege

had started.

"This will end tonight. Our forces will prevail. Kenyans are standing firm against aggression, and we will win," Kenya's National Disaster Operation Centre said on Twitter.

Kenya Defence Forces later said it had rescued most hostages and had taken control of most of the mall. Officials did not immediately release the number of hostages rescued or the number that remained. Four Kenyan military personnel were wounded in the operation, the military said.

THE ASSOCIATED PRESS

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites

where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.

- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.
- **Aug. 7, 1998.** Al-Qaida bombed U.S. diplomatic missions in Kenya and Tanzania, killing 224 people.

2

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A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Dozens slain in bombing after church

Pakistan. Taliban say attack, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States

stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. **THE ASSOCIATED PRESS**

Aftermath

"When I got my senses back, I found nothing but smoke, dust, blood and screaming people."

Survivor Nazir John

Court battle

Public to see Omar Khadr for the first time in 11 years

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday

for an application to have his ongoing detention in an adult prison declared illegal.

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission. For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. **THE CANADIAN PRESS**

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the Jeffrey Delisle

scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret.

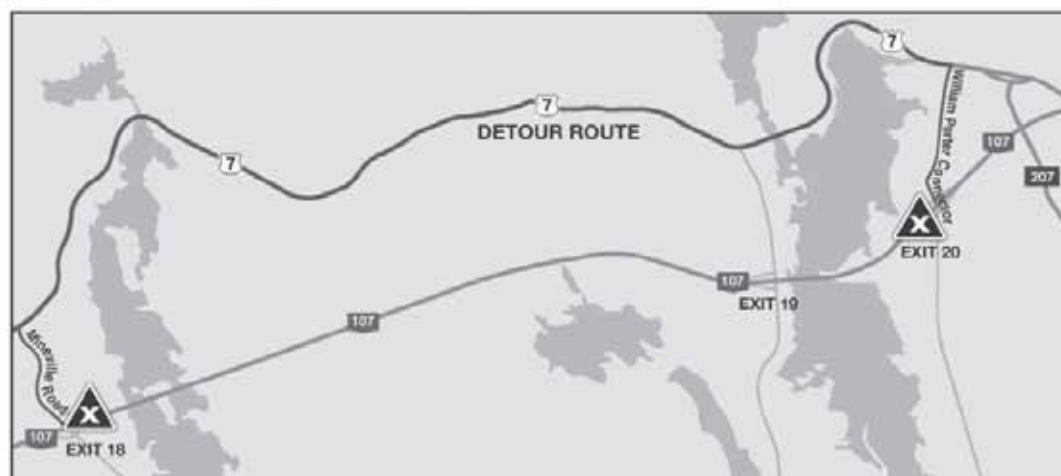
"Whatever you reveal to the public, it will go to the bad guys," said Michel Juneau-Katsuya, a former CSIS agent.

Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed.

THE CANADIAN PRESS

TRAFFIC ADVISORY Highway 107- Night time Closures

Starting Monday, Sept. 23 Highway 107, between Exit 18 (Mineville Rd.) and Exit 20 (William Porter Connector), will be closed to all traffic during night time hours for repaving and widening.



From Monday through Saturday the road will be closed from 7 p.m. until 6 a.m. On Sunday morning the road will stay closed until 8 a.m.

By doing this work at night the Province is able to maintain normal traffic flow during the busy daytime hours and reduce the inconvenience to the majority of drivers who use this road.

While this section of Highway 107 is closed a detour will direct traffic onto Highway 7. The Province will provide four variable-message boards, and other signs to inform the public of the road closure.

The project will be completed in late October. During the project drivers travelling at night should adjust their travel times to accommodate the detour.

NOVA SCOTIA

Free Public Talk with Psychologist, Jason Roth

Wednesday September 25, 2 PM

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Pensioner fights to reclaim her home

'Freemen-on-the-Land.' Man who says he's part of sovereign citizen movement declares rental property an 'embassy'

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

What she thought was a good deal soon turned into a nightmare.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor



Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says.

"I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights,' so then he slams the door." **THE CANADIAN PRESS**

'Domestic terror' movement

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- RCMP and the Canadian Association of Chiefs of Police

are developing awareness materials for frontline officers and the movement is the subject of upcoming policing seminars in Vancouver and Toronto.

- The FBI considers the movement a domestic terror threat in the U.S.



Dartmouth South Riding Candidates Debate

Tuesday, September 24 - 7pm (doors open at 6:30 pm)

Alderney Landing Theatre, Dartmouth

Moderator: Costas Halavrezos

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Pope Francis condemns idolatry of money

Reaching out to the poor. Pontiff's visit to Sardinia is only his second to an Italian city outside Rome

Pope Francis denounced what he called big business's idolatry of money over man as he travelled Sunday to one of

Italy's poorest regions to offer hope to the unemployed and struggling entrepreneurs.

Francis left aside his prepared remarks and spoke off the cuff to thousands of people in Sardinia's capital, telling them he knew well what it was like to suffer from financial crisis.

He recalled that his Italian parents, who immigrated to Argentina before he was

born, spoke about it often at home. "My young father went to Argentina full of illusions of making it in America," Francis told the crowd. "And he suffered the terrible crisis of the 1930s. They lost everything. There was no work."

Amid shouts of "Lavoro! (Work) Lavoro!", Francis called for dignified work for all. "Where there is no work, there's no dignity," he said.

Sardinia, known for its pristine beaches and swank vacation homes, has been particularly hard-hit by Italy's economic crisis, with factories closing and many of the island's families forced to seek charity. The island's desperation made headlines last year when a coal miner, protesting the planned closure of the mine, slashed his wrists on television. **THE ASSOCIATED PRESS**



Pope Francis wears a coal miner's helmet on a trip to Sardinia, Sunday, as he travelled to one of Italy's poorest regions to offer hope to the unemployed and entrepreneurs struggling to hang on. **THE ASSOCIATED PRESS**

China

Leading politician Bo Xilai sent to prison for life

A court sentenced Bo Xilai to life in prison for corruption Sunday, burying the career of one of China's most up-and-coming politicians and lowering the curtain on a scandal that exposed a murder and illicit enrichment among the elite.

He was convicted of bribery, embezzlement and abuse of power Sunday in a case set in motion by his wife's poisoning of a British

business associate in late 2011. It also was widely regarded as a political prosecution and a sign that top leaders had turned against the charismatic populist.

Bo had been seen as a contender in the transition for China's top leadership panel, the Politburo Standing Committee, but he also had unnerved many colleagues in the leadership with self-promotion seen as running counter to their brand of consensus rule.

The court deprived Bo of political rights for life and confiscated all his personal assets. **THE ASSOCIATED PRESS**



Rihanna, queen of jungle?

Pop star Rihanna, seen performing on Sunday in Singapore, took a weekend break from her Diamonds World Tour to spend time at the beach on Thailand's island of Phuket. An Instagram photo she tweeted that showed her in sunglasses snuggling up to a furry primate called the slow loris, a squirrel-like animal that is listed as a protected species, led police to confiscate two lorises and arrest a 20-year-old man and a 16-year-old boy. **JOSEPH NAIR/THE ASSOCIATED PRESS**

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Solid Waste Resources Strategy Review

Regional Council has requested a review of our solid waste system to identify options for increasing the efficiency and effectiveness of the system, while maintaining high standards of environmental and community protection.

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Wednesday, September 25 from 7-9 pm

Cole Harbour Place, Multi-Purpose Room, 51 Forest Hills Parkway

Thursday, September 26 from 7-9 pm

Bedford Hammonds Plains Community Centre, 200 Innovation Drive, Bedford

Wednesday, October 2 from 7-9 pm

Halifax Forum, Maritime Hall, 6209 Almon Street

Thursday, October 3 from 7-9 pm

Lake and Shore Community Recreation Centre, 40 Inspiration Drive, Porter's Lake

Wednesday, October 16 from 7-9 pm

Cole Harbour Place, Multi-Purpose Room, 51 Forest Hills Parkway

Thursday, October 17 from 7-9 pm

Bedford Hammonds Plains Community Centre, 200 Innovation Drive, Bedford

Wednesday, October 23 from 7-9 pm

Lake and Shore Community Recreation Centre, 40 Inspiration Drive, Porter's Lake

Thursday, October 24 from 7-9 pm

Halifax Forum, Maritime Hall, 6209 Almon Street

If you are unable to attend a meeting, please join the conversation online at shapeyourcityhalifax.ca



Weekend carnage caps violent summer in Iraq



People inspect the site of a double suicide bomb attack in Sadr City, a neighbourhood of Baghdad. KARIM KADIM/THE ASSOCIATED PRESS

Wave of attacks.

Suicide bombers strike two Baghdad funerals in two days, killing dozens

A suicide bomber detonated his explosive belt among Sunni mourners attending a funeral in Baghdad on Sunday, killing 16 people and wounding 35 others, officials said, in

the latest episode of the country's near-daily violence.

Police officials said the evening attack took place when a suicide bomber detonated his explosive belt inside a tent where the funeral was being held in Baghdad's southern neighbourhood of Dora.

Two other attacks in the country's north left two policemen dead and 37 others wounded, the officials added.

Sunday's bloodshed came a day after a wave of attacks killed 104 people, most at a double suicide attack on a Shiite funeral in Baghdad.

Violence has spiked in Iraq during the past few months. More than 4,000 people have been killed between April and August, a level of carnage not seen since the country was on the brink of civil war in 2006-08.

Earlier on Sunday, a sui-

cide bomber rammed an explosives-laden car into a residential area in the city of Kirkuk, wounding 35 people, Kirkuk Police Brig. Gen. Anwar Mohammed Qadir said.

The bomber targeted both a Kurdish educational office and an adjacent house for a Christian lawmaker, Qadir said. Seven members of the lawmaker's family were wounded in the attack.

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Merkel toasts to victory

German Chancellor Angela Merkel, chairwoman of the Christian Democratic party CDU, drinks a glass of white wine at the party headquarters after the national elections in Berlin, Sunday. Merkel led her conservatives to a stunning victory in the election, a personal triumph that cements her position as Europe's most powerful leader. However, she will need to reach out to centre-left rivals to form a new government after her coalition partner crashed out of Parliament. JULIAN STRATENSCHULTE/DPA/THE ASSOCIATED PRESS

TOP
SIX@6

Weeknights at 6 K8 counts down
the HOTTEST songs of the day

- 6 Capital Cities
Safe and Sound
- 5 Lady GaGa
Applause
- 4 Miley Cyrus
Wrecking Ball
- 3 Katy Perry
Roar
- 2 Drake
Hold On, We're Going Home
- 1 Avicii
Wake Me Up

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Holts gets lucky with Pharrell Williams pop-up collaboration

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits.

His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Mil-ey Cyrus, teaming up with the

pop star on her new album, Bangerz, due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique will feature an assortment of items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The Canadian retailer will also feature BBC X Holt Renfrew, a special collab-



Pharrell Williams products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.

COURTESY GEORGE PIMENTEL/HOLT RENFREW

oration of exclusive sweaters and T-shirts for both men and women with prices

starting at \$68.

"It feels more like an installation in the sense that

there's a curated experience," Williams said of the pop-up.

THE CANADIAN PRESS

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams' prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise."

THE CANADIAN PRESS



Nova Scotians Get It

Two polls, one clear result: Health promotion matters.

Last month, Corporate Research Associates (CRA) conducted a poll to determine the importance of health promotion to Nova Scotians. The results clearly showed that health promotion investments are a priority for residents. Eighty nine per cent of respondents would support increased investments in health promotion strategies, even if it meant diverting funds from other government programs.

In another recent CRA poll, Nova Scotians reported they were concerned about the economy and health care as top election priorities.

How do the results of these two polls relate?

An investment in health promotion

=

An investment in health care

Health promotion is a key strategy towards a sustainable health care system

The same investments (ie. physical infrastructure, social programs) that can reduce incidence of chronic disease in the future can have positive shorter term impacts. Individuals struggling with chronic disease who are supported to engage in health behaviours may require fewer health care visits and prescriptions. Seniors who are physically active can maintain their independence longer, delaying admission to long term care.

Communities that are designed to be "walkable" experience economic benefits through local merchants. In the workplace, healthy employees are more productive employees. The 2002 Cost of Physical Inactivity in Nova Scotia report estimated at the time, that a 10% reduction in physical inactivity could result in \$17 million in productivity gains. And that is the link to the economy.

Health promotion, health care, and a growing economy are intimately related.

For more information, please visit www.heartandstroke.ns.ca.



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SHOULD NDPERS SIT THIS ONE OUT?

On June 23, 2012, 50 longtime NDP activists put the issue starkly in a j'accuse letter to Premier Darrell Dexter. "If the NDP now actually stands for anything fundamentally different," they wrote, "it is hard to see what it is. And if the NDP is not a party of change ... why should those who want change support it?"

They were responding, in part, to Dexter's pledge to shave two points off the HST as soon as the province's books balanced. That, they claimed, would hobble chances of pursuing the party's broader social goals.

"One can only imagine what the NDP, when in opposition, would have said about the priorities of a provincial budget, which gave... \$304 million to the Irvings, cut the tax rate for large corporations (and) forced spending cuts on health care, and primary, secondary and post-secondary education."

But now decision day looms. Polls show Stephen McNeil's



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Liberals leading. The party's progressive true believers must choose.

Should they sit it out, let the party lose power and hope more progressive elements emerge to retake power? Or should they hold their noses, dance with the one that brought them, and hope.

Dexter's supporters counter — rightly — the NDP inherited a Tory/Liberal financial mess just as the global economic meltdown went into full melt. The NDP balanced the budget, providing more stable funding for social spending down the road. Its modest successes — collaborative health-care centres, capping the price of generic drugs, increasing children's dental coverage, increasing minimum wages, capping cellphone cancellation fees — wouldn't have happened under Liberals or Tories.

"Let's get real here," says Ray Larkin, another longtime party activist who supports the government. "This is not a

However, there have been modest successes...

Dexter's supporters counter — rightly — the NDP inherited a Tory/Liberal financial mess just as the global economic meltdown went into full melt. The NDP balanced the budget, providing more stable funding for social spending down the road.

time to abandon ship or change course."

One of those who did sign the letter — and asked not to be identified because he retains party connections — says he'll vote NDP "but for not many good reasons. I think the potential is still there... to allow for the possibility of more change and this is much more than I expect from the Liberals."

Will other progressives ultimately come around?

The only certainty is that if enough don't, the party won't return to power. Would that really be the better outcome?

ZOOM

Scary sky morning, alien warning



MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes frequently occur.

METRO



A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.



ISTOCK

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instruc-

tional videos available here are a domestic treasure trove. There's good stuff here for beginners too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to**

metronews.ca

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

.....

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument. Her emotive delivery on Joy, off her latest album *Halcyon*, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Goulding was good. **EMINA GAMULIN/METRO**

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON - AND STREAMING ONLINE IN HD - THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA



Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards.

Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in *Veep*, with Jim Parsons claiming the top comedy acting trophy for *The Big Bang Theory*.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of *Nurse Jackie* won the night's first award



Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of *Modern Family*.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to

cry."

Tony Hale of *Veep* claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of *Modern Family*.

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES



Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.



slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Claire Danes of *Homeland* wore a champagne-coloured beaded gown and Robin Wright of *House of Cards* was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for *30 Rock*.

THE ASSOCIATED PRESS

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Monday, September 23, 2013

Twitter



@rosemcgowan

a DJ just yelled at me. "Respect my Art!!" Bahaha. Ok, don't suck.



@JuddApatow

You know you've gained weight when everyone keeps telling you that you look like you've lost weight.



@ZacharyQuinto

am i back in tokyo?



Gwyneth Paltrow ALL IMAGES GETTY

Who likes short shorts? Not Paltrow

Gwyneth Paltrow admits that being one of the only ladies in *The Avengers* meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's *Black Widow* donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in *E!* News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."



Chris Brown

I know I did a bad thing but so did Jay-Z!

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells *Jet* magazine. "He gets a pass."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement



POP GOES THE WEEK

Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it,



in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?



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Travel bit

Avoid toddler plane hell



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent,

you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been

that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole

flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down

the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS*, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist in a Psychology Today article

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by

making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of priv-

ilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

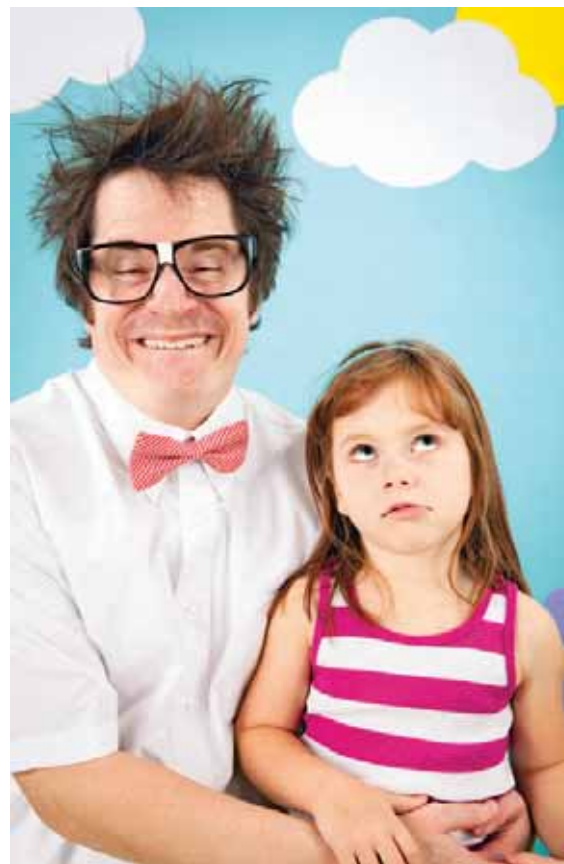
"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

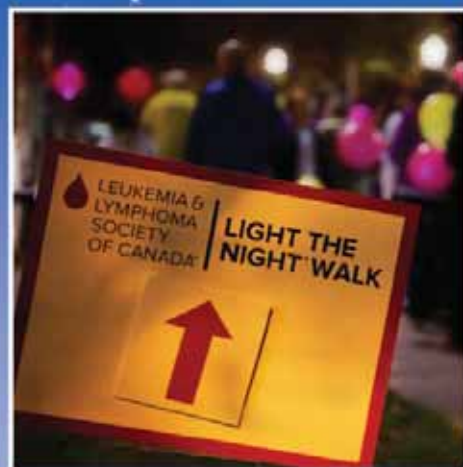
"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair.

THE CANADIAN PRESS



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

3 T I M E



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Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon,

ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the

mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

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Ribs and chicken are both favourites for many people but one is clearly a better choice.



Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat
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Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.



Half grilled chicken with skin (Swiss Chalet)

530 calories / 42 g fat
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porter

May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have



There can be plenty of distractions in a classroom — arm your child with a few tricks to help block those distractions out. ISTOCK

attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways

we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist,

however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply bene-

fit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and re-teach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

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Community garden honours historic roots



Kids love learning how to grow vegetables at the Spryfield Urban Farm. THINKSTOCK

Urban farm.
Gardens provide peaceful oasis

JENNIFER TAPLIN
for Metro

A core of community volunteers takes the task of returning Spryfield to its roots quite literally.

Once upon a time, the area boasted a strong agricultural industry, supplying Halifax with much of its food. But that heritage wilted in 1950s and the last farm ceased production a decade later.

In 1996, three women wanted to bring agriculture back to life in Halifax by starting an urban community garden. Pat MacLean was one of them.

She said the small garden plot they started grew exponentially a few years later when Janet Kidston donated historic farmlands

behind 62 Rockingstone Road. A team of oxen was brought in from the valley to plow the land.

"This was probably the first time in 60 years it was plowed to actually grow vegetables. We have a lot of history behind us," MacLean says. They weave that

Plenty of space

More than 2.2 acres make up the Spryfield Urban Farm. It includes some forested areas, as well as garden allotments, and a market garden to provide fresh veggies for locals to buy twice a week.

history into all their gardening programs. "I'm one of the founding members so it's been really wonderful to see it grow from just a few people who wanted

to see this happen out here to a wonderful garden."

The program MacLean is most proud of is the family gardening program. Volunteers installed 12 raised beds last year for young families to learn the finer points of growing. They meet every Tuesday night from May to September.

Other groups run programs through the Urban Farm including Autism Nova Scotia and the youth mental health program run through the IWK.

"That has been hugely successful this year," says MacLean of the IWK program. "We've had more this year than ever before and the nurse in charge of the program said some of the kids have really benefited from coming out."

She thinks the garden nestled in the trees where the occasional deer wanders through provides a peaceful, welcoming oasis for kids.

Fall festival designed for family fun

Spryfield Days.
Festival celebrates the harvest

JENNIFER TAPLIN
for Metro

A blast from the past, the Spryfield community festival, has been resurrected.



This year's crop is ready to be harvested at the Spryfield Urban Farm.

CONTRIBUTED

Spryfield Days fizzled out about a decade ago, leaving the Spryfield Santa Claus Parade in November the last large-scale community event in the area. But recently a number of businesses and non-profit organizations got together to start up another community festival.

"Given that historically the Spryfield community had fishing and farming, we thought it would be a good idea to have a harvest festival," says Bruce Holland, executive director of the Spryfield and District Business Commission.

"It was incredible the number of businesses and community organizations that signed on right away to make it happen. We have about 30 to 40 businesses that have committed sponsorships."

It started last weekend with an outdoor gospel music concert and a harvest fair at the

Urban Farm. The festival continues this weekend and next with a massive yard sale, business expo, decorating challenge, talent show, family fun fair and many other events.

Pat MacLean, secretary of the Urban Farm Museum Society of Spryfield, is thrilled at the festival's comeback and the farm's participation.

"We're really looking forward to it because a lot of people come out and we have so many new families out here and we want to get them involved in the farm," she says.

Just how many people will take in the festivities is the big question, Holland says.

"It's hard to know because this is the first one but it seems like there's a good vibe in the community and lots of talk about it."

And hopefully it will continue for years to come as an introduction to the main event: the Santa Claus Parade

on the last Sunday in November.

This year's tree lighting won't just illuminate an evergreen but much of Spryfield's business community. Businesses, commercial property owners and community organizations are going to frame their buildings with white LED lights.

"I'm hoping that they'll see the glow from space," Holland said. "It's to get people shopping there and give the community a unique atmosphere during the holiday season."

Get excited

"We want people to get people excited about the Harvest Festival and for that to continue into Christmas."

- Bruce Holland, executive director of the Spryfield and District Business Commission.

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Balance sought between homes and retail

Development.

Rezoning required for commercial area to grow

JENNIFER TAPLIN
for Metro

Spryfield has a problem, but it's a good one. "Our problem is all the retail space is pretty much taken up with the exception of a few spots in the Spryfield Mall," says Bruce Holland, executive director of the Spryfield and District Business Commission.

They get two or three inquiries a month from retail or service businesses seeking space in Spryfield. With the lack of available property, it is difficult to accommodate the requests, Holland says. "We're attempting to lobby some of the major retail developers to encourage them to make more space in the area. It's been hit and miss."

The big roadblock is a zoning. The best areas for future development are zoned residential and rezoning is an extensive process.

"I'm always open to looking at increasing our capacity for commercial development," says Coun. Stephen Adams. "We would have to review our plans for the zoning along Herring Cove Road."

There's no such problem with residential development in Spryfield these days. New housing developments are sprouting up everywhere.



Rezoning is required to accommodate more retail businesses. CONTRIBUTED

"The biggest one is Governor's Brook in behind the rink. You hear about downturns in real estate and properties not moving, someone should take a drive through there – it's impressive," Adams says.

That development is a mix of single-family homes, semi-detached and townhouses.

Another development will get started in the next few weeks. It will be an expansion of Mansion Ave. and consist of 54 semi-detached units, Adams said.

The Villages of Long Lake off of Dunbrack Street will be a mix of 400 multi-unit and single-family homes.

"There's also Kidston Estates which continues on and there have been approvals granted for

another 40 homes extending on Rockingstone Road. So if someone is looking for a nice place and a brand-new home, not a better place," Adams said.

While Holland is thrilled with the residential boom, he says they need to work with HRM and the province to build more recreation facilities to keep pace the population growth.

On the upswing

"Spryfield is on the upswing and there's no sign things are going to let up in the near future."

Coun. Stephen Adams



Balancing commercial and residential development is a challenge. CONTRIBUTED

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Screaming Eagles players William Carrier and Gareth Nicholson battle with Mooseheads defenceman MacKenzie Weegar on Sunday at Centre 200 in Cape Breton. CAPE BRETON POST

Mooseheads yet to find their groove

QMJHL. Struggling Halifax falls 5-2 to Cape Breton



ANDREW RANKIN

andrew.rankin@metronews.ca

A day after their first win of the season, the Halifax Mooseheads suffered a 5-2 loss to the Cape Breton Screaming Eagles at Centre 200 on Sunday.

The Mooseheads got off to

a promising start after Nikolaj Ehlers scored his third goal of the season just 3:20 into the contest. But Cape Breton stormed back for five straight goals, including three power-play markers, before Andrew Shewfelt stopped the bleeding with seven minutes remaining in the final frame.

But that's as close as the Herd would come.

Mooseheads goalie Zachary Fucale made 31 saves in the loss.

Clark Bishop scored a pair of goals while Julien Pelletier, Cameron Darcy and Raphael

Corriveau rounded out the scoring for the Screaming Eagles.

The Mooseheads (1-3) beat the Moncton Wildcats 5-2 for their first win of the season on Friday evening at the Moncton Coliseum.

The Herd broke a 2-2 deadlock in the final frame with a pair of unanswered goals in 1:23 seconds, compliments of Andrew Ryan and Connor Moynihan.

Ryan led all scorers with four points on the night, while his linemate Ehlers notched a pair of goals and

an assist and Brent Andrews, who was making his return to the lineup after attending the Anaheim Ducks camp, picked up three helpers.

Mooseheads defenceman MacKenzie Weegar also made his return to the lineup after attending the Florida Panthers camp, and picked up a pair of assists.

Fucale was back between the pipes for the Mooseheads after a stint at the Montreal Canadiens training camp and made 18 saves in the victory.

Connor Garland scored a pair of goals for the Wildcats.

NBL Canada

Rainmen re-sign local SG Richards

The Halifax Rainmen have re-signed Dartmouth native Tyler Richards.

The six-foot-two shooting guard played in 31 games with the Rainmen last season, averaging 3.9 points in just over 12 minutes per game.

During the Rainmen's final seven games, the St. Francis Xavier product averaged 8.6 points, along with 3.6 assists and 2.9 rebounds per game. He recorded his first career double-double, a 21-point, 10-assist effort against the Montreal Jazz, on Feb. 23.

The Rainmen have signed three Canadians, including Dalhousie's Robert Nortmann and Brandon's Michael Smith. **METRO**

AUS football

Huskies blasted by Mounties at Mount Allison

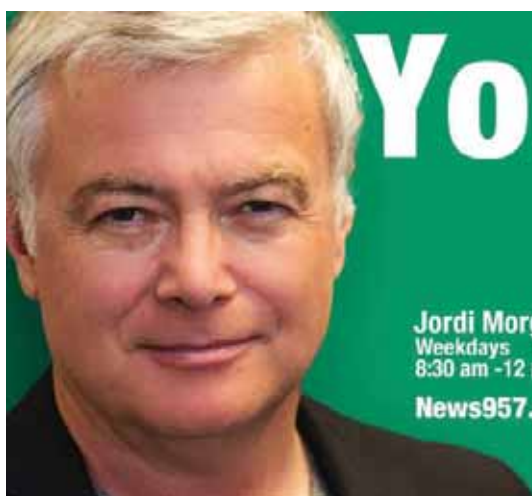
The Saint Mary's Huskies continue to sputter on offence and it's costing them.

The Huskies fell to 1-2 on the season after dropping a 29-15 decision to the Mount Allison Mounties in Sackville, N.B., on Friday night.

Saint Mary's has now managed just 39 points in three games, for an average of 13 points per contest.

Jack Creighton played much of the game at quarterback against the Mounties, finishing 12-of-23 for 151 yards, one touchdown and two interceptions.

The Huskies look to turn things around Friday when they host 2-1 St. Francis Xavier at 7 p.m. **METRO**



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O's know it looks bleak



Rays left-hander Enny Romero made his major-league debut on Sunday in the Rays' 3-1 win over the Orioles. AL MESSERSCHMIDT/GETTY IMAGES

MLB. With loss to Tampa Bay, Baltimore drops 4 1/2 games back in AL wild-card race with seven to play

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles 4 1/2 games out of the AL's wild-card berth with seven games left.

"Basically we're going to have (to) win out and hope for the best on the other side," the Orioles centre-fielder said. "We have to take care of our business. We battle and we grind and sometimes, as the saying goes, you're the bug and sometimes you're the windshield. The last couple days we've been the bug, so we just have to get back to being that windshield."

Baltimore has lost three straight to the Rays going into Monday's series finale.

"We would have loved to have won the first three, but the reality is that we didn't," loser Scott Feldman said. "So we have no choice but to keep

On Sunday

3

Rays

1

Orioles

playing hard, try to come out tomorrow and take the last game and see what happens."

Enny Romero made his major-league debut, combining with five relievers on a three-hitter.

Promoted from Triple-A Durham earlier in the day, Romero gave up Manny Machado's leadoff single to start the game. But that was the only hit off Romero, who walked four and struck out none in 4 2/3 innings.

Brandon Gomes (3-1) replaced Romero with two on and two outs in the fifth and struck out Machado. Fernando Rodney allowed Danny Valencia's single and an RBI double by Matt Wieters with two outs in the ninth en route to his 36th save in 44 chances.

THE ASSOCIATED PRESS

MLB

No happy ending in New York City

The day started in storybook fashion. A moving tribute to Mariano Rivera was followed by Andy Pettitte taking a no-hitter into the sixth inning of his final regular-season start at Yankee Stadium.

The way it ended might have finished the Yankees' playoff hopes.

After honouring the career saves leader and celebrating Pettitte, New York saw its AL wild-card hopes dim Sunday with a crushing 2-1 loss to the San Francisco Giants.

In danger of missing the playoffs for just the

second time in 19 years, the Yankees dropped four back of Cleveland for the second AL wild card with six games left. New York hosts wild-card-leading Tampa Bay for three games, then closes at Houston.

The Yankees held a pre-game ceremony and retired the No. 42 of Rivera, who is in his final season. Rivera was the last player to wear Jackie Robinson's number, which was retired throughout MLB in 1997.

"I appreciate this day, what the organization did, the fans that were here supporting me," Rivera said. "That was good, but at the end it wasn't that great because we lost the game."

THE ASSOCIATED PRESS



Mariano Rivera on Sunday at Yankee Stadium KATHY WILLENS/THE ASSOCIATED PRESS

NFL. DeMarco Polo! Lions pivot finds groove late

Thomas DeMarco's encore performance Sunday went considerably better than his first.

Making his first CFL start, the B.C. Lions quarterback threw two second-half touchdowns and helped set up Paul McCallum's game-winning field goal with no time on the clock as the Lions took over second place in the West Division with a 24-22 win over the Saskatchewan Roughriders.

DeMarco was pulled from the game midway through the second quarter in favour of Buck Pierce but returned to start the second half.

The win was the second straight for B.C. (8-4) while Saskatchewan (8-4) lost its third in a row.

"I have a lot of great people on the sidelines right now," said DeMarco, who started in place of the injured Travis Lulay. "Travis was very calm. Buck was very calm. Joey (Elliott) helped me out as well."

"The biggest thing is just to keep you calm and help you with seeing the field. They really helped me out today and allowed me to talk through things and we got the victory at the end."

DeMarco made up for a shaky first half with the Lions trailing 12-6 early in the third



Lions quarterback Thomas DeMarco THE CANADIAN PRESS

quarter when he hit Nick Moore with a 43-yard touchdown strike.

DeMarco then threw a 20-yard TD to Shawn Gore to make it 20-12 and McCallum then kicked an 84-yard kickoff single to extend the lead to nine.

Durant threw an eight-yard touchdown to Weston Dressler with 38 seconds left to make it 22-21 as the Roughriders appeared poised to overcome two costly fumbles and snap their losing streak.

But Marco Iannuzzi returned the kickoff 28 yards and DeMarco passed for a pair of key first downs to set up McCallum's winning kick from 42 yards out. THE CANADIAN PRESS

NHL

Leafs sniper Kessel hurts Sabres with stick and fists

Phil Kessel scored his first two goals of the pre-season and the Toronto Maple Leafs held off a third-period Buffalo Sabres surge to hang on for a 5-3 win Sunday night.

Kessel was involved in the main flash point of the game at 10:01 of the third when he was targeted by the Sabres' John Scott. He backed away from Scott while twice swinging his stick at the Sabres tough guy before a line brawl broke out that included a goalie fight between Ryan Miller and Jonathan Bernier.

THE CANADIAN PRESS



Leafs goalie Jonathan Bernier takes a swing at the Sabres' Ryan Miller on Sunday. TORSTAR NEWS SERVICE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results

San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7

Saturday's results

N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1
Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2
L.A. Angels 6 Seattle 5

Monday's games — All times Eastern

Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.
Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.
Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.
Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	84	72	.538	8½
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	99	.365	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	65	.583	—
Cincinnati	89	67	.571	2
Pittsburgh	89	67	.571	2
Milwaukee	69	86	.445	21½
Chicago	65	91	.417	26½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results

Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2 (gm. 1)
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Washington 5 Miami 4 (gm. 2)
Milwaukee 6 St. Louis 4

Saturday's results

Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)
St. Louis 7 Milwaukee 2
Arizona 7 Colorado 2
L.A. Dodgers 4 San Diego 0

Monday's games — All times Eastern

N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.
Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.
Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.
Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.
Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result

B.C. 24 Saskatchewan 22

Saturday's results

Hamilton 28 Montreal 26

Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results

New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago at Pittsburgh
Monday's game — All Times Eastern
Oakland at Denver, 8:40 p.m.

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x-Henrik Stenson, \$1,440,000 64-66-69-68—267
Jordan Spieth, \$708,000 68-67-71-64—270
Steve Stricker, \$708,000 66-71-68-65—270
Webb Simpson, \$384,000 68-71-69-63—271
Dustin Johnson, \$320,000 68-68-67-69—272
Justin Rose, \$288,000 68-68-70-67—273
Also:
Graham DeLaet, \$131,200 68-71-72-73—284



Colts QB Andrew Luck slams the ball scoring on a six-yard touchdown run on Sunday in San Francisco. THEARON W. HENDERSON/GETTY IMAGES

Luck goes against Niners

NFL. Sophomore QB outperforms college coach, Kaepernick in win

Quoted

"I wasn't caught up in, 'Oh my gosh, I'm going up against Coach Harbaugh.'"

Colts QB Andrew Luck, who beat his Stanford coach Jim Harbaugh on Sunday

The San Francisco 49ers find themselves in unfamiliar territory under third-year coach Jim Harbaugh: On a losing streak.

It's pretty uncomfortable for all involved considering the rash of uncharacteristic penalties, a star player headed to rehab for an indefinite absence, and an offence that has produced 10 points the past two games. Not to mention a mistake-plagued defence, supposed to be among the best in the NFL, giving up big plays and showing serious flaws.

Andrew Luck thoroughly outshined Colin Kaepernick in a matchup of Jim Harbaugh quarterbacks past and present, and the Indianapolis Colts beat the San Francisco 49ers 27-7 on Sunday.

"Not winning this game, not being in position to make plays and make it competitive, that was disappointing to all of us," Harbaugh said. "You can question just about everything right now. We didn't play well enough to win in enough areas, on enough downs."

San Francisco has a quick turnaround before a key division matchup at St. Louis on Thursday night — but the 49ers won't have linebacker Aldon Smith, who is seeking treatment following his arrest Friday morning on suspicion of DUI and marijuana possession.

Smith apologized after the game to "everybody I let down," while 49ers CEO Jed York defended the organization's decision to let him play ahead of him leaving the team

to get help.

Making matters worse, the 49ers lost All-Pro linebacker Patrick Willis to a groin injury. His status is unclear.

Luck passed for 164 yards while facing his college coach for the first time. Trent Richardson scored a one-yard touchdown on his first carry in his Colts debut after being acquired on Wednesday from the Browns. He was drafted two spots behind top-pick Luck last year.

Luck stole the show. He completed his initial six passes and spoiled the home team's reunion day between coaches on both sides who know each other's tendencies dating to their days at Stanford.

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September 23

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-and-

KELLY ANNE MORRISSEY and GERALD BOULIER Defendants

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 5 Fiddle Parkway, Hatchet Lake, Halifax County, Nova Scotia also known as PID 40699639 and more fully described in the mortgage recorded at the Halifax County Land Registration Office, as document number 92257980. The parcel has been registered pursuant to the *Land Registration Act*. The parcel is subject to an easement more fully described in book 5655, page 940.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

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Time of Sale: 11:00 a.m. o'clock, in the morning, local time.
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Horoscopes

♈ Aries

March 21 - April 20

Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus

April 21 - May 21

Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini

May 22 - June 21

Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer

June 22 - July 23

Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo

July 24 - Aug. 23

You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo

Aug. 24 - Sept. 23

You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra

Sept. 24 - Oct. 23

If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio

Oct. 24 - Nov. 22

Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius

Nov. 23 - Dec. 21

You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn

Dec. 22 - Jan. 20

The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

♒ Aquarius

Jan. 21 - Feb. 19

You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces

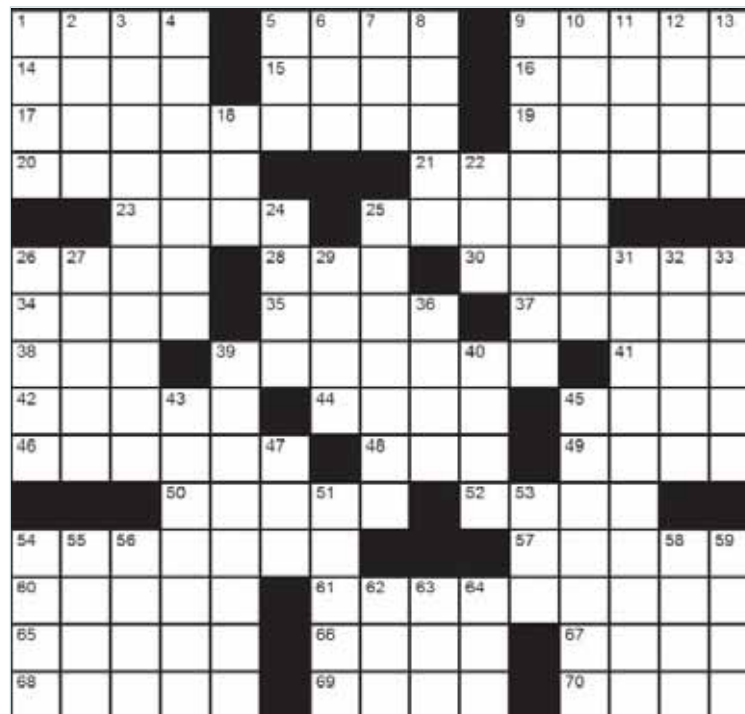
Feb. 20 - March 20

In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "___ Pearl" by 54-40
17. Douglas ___ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It ___" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00 ___ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-___, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "___-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to ___ start



52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. ___ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece

66. Fluish feeling
67. British band, ___ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down

1. Data
2. "Wavin' Flag" by K'___
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"

8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish

18. "Surprise!"
22. Sine ___ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's ___!" (Tied game exclamation)
27. "Love ___ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the ___
40. Proportionately, Pro ___
43. Canadian speed skating great/Olympian, Cindy ___
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza ___ (Italian verse form)
58. "___ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword

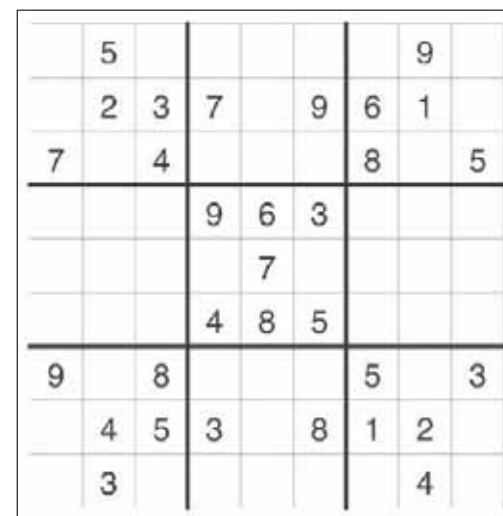


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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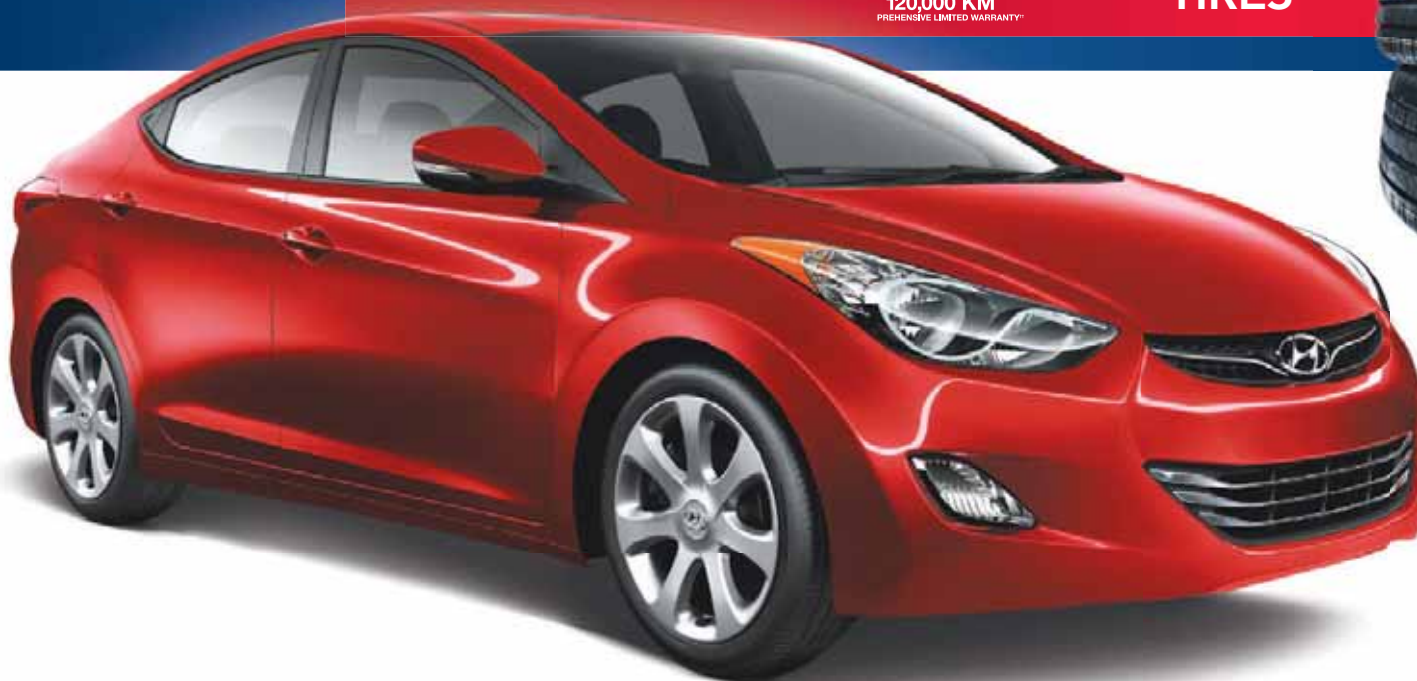
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